

# Youth Mental Health First Aid

*Resources to recognize and help troubled youths*



*Do you work or volunteer in customer or public service and interact with youth? (ages 12-18)  
Adolescence brings changes that often signal mental health issues. Sorting them out from normal  
changes can be tricky. Learn to identify the warning signs of mental health problems in adolescents  
and how to help an adolescent experiencing a mental health challenge*

**August 17, 2015**

**8 am – 4:30 pm**

**New Hampshire Department of Education, Room 15**

Youth Mental Health First Aid USA is an 8-hour program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents. It builds understanding of the importance of early intervention and teaches individuals to help an adolescent in crisis or experiencing a mental health challenge.

## **What will participants learn?**

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents (ages 12-18) including depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling. Rather participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage self-help and other support strategies

## **Who should take the course?**

The course is designed for public and customer service workers who:

- Interact with youth throughout the course of their workday
- Provide services for youth through their work
- Volunteer for a non-profit agency or business that employs or provides services for youth

**How can I register and learn more?** To register, hold the <ctrl> key and click on the following link <https://www.surveymonkey.com/r/MQW76ML> , registration closes Wednesday, August 12, 2015:

To learn more about Mental Health First Aid training contact Mary Morency at the NH Department of Education, tel: (603) 271-3213, email: [mary.morency@doe.nh.gov](mailto:mary.morency@doe.nh.gov)

Training to be held at NH Department of Education offices at 101 Pleasant Street, Room 15, Concord, NH 03301

**Please bring your own lunch**